

main pool aquatic programme

Monday 25th October - Tuesday 21st December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630 0700 0730 0800 LANE SWIMMING 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 LANE SWIMMING 1400 1430 PUBLIC SWIMMING AQUA WALKING 1500 1530 DEEP CLEAN 1600 1630 SWIM CLASSES 1700 1730 LANE SWIMMING 1800 1830 1900 1930 2000 2030 2100 CLUB SESSION 2130 2200	0630 0700 0730 0800 LANE SWIMMING 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 LANE SWIMMING 1400 1430 PUBLIC SWIMMING 1500 1530 DEEP CLEAN 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200 CLUB SESSION	0630 0700 0730 0800 LANE SWIMMING 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 LANE SWIMMING AQUA WALKING 1330 1400 1430 WELLNESS SESSION 1500 1530 DEEP CLEAN 1600 1630 1700 1730 LANE SWIMMING AQUA NATAL 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 LANE SWIMMING 1330 1400 1430 PUBLIC SWIMMING AQUA WALKING 1500 1530 DEEP CLEAN 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200 LADIES ONLY	0630 0700 0730 0800 LANE SWIMMING 0830 0900 0930 1000 1030 1100 1130 1200 WELLNESS SESSION 1230 1300 LANE SWIMMING AQUA WALKING 1330 1400 1430 PUBLIC SWIMMING 1500 1530 DEEP CLEAN 1600 1630 1700 1730 LANE SWIMMING 1800 1830 1900 1930 2000 2030 2100 2130 2200 CLUB SESSION	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 DEEP CLEAN 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 LANE SWIMMING 1000 1030 1100 1130 1200 1230 1300 1330 DEEP CLEAN 1400 1430 INFLATABLES FUN SESSION 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200

LANE SWIMMING

Seat at a depth of 1.2 metres unless shared with Family Swimming (0.95m). Sessions will have slow, medium & fast paced lanes available, sessions shared with other activities will not have a slow speed lane.

Please read the updated lane etiquette posters. Minimum age is 11 yrs old, must be competent lane swimmer.

AQUA WALKING

A double width lane will be available with users travelling in a clockwise direction, the pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

AQUA NATAL

Benefit from being in the water with this fantastic and fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward.

INFLATABLES 8 - 13 YEAR OLD

The inflatables are for deependers only, the leisure pool is also available for non-deependers.

AQUA ZUMBA®

Latin inspire dance class with an aquatic twist. Aqua-Zumba Light (LT) is a slower and gentler session – great for more mature customers or anyone with joint or mobility issues.

WELLNESS SESSION

Slower paced session that helps less active swimmers with recovery from illness or injury.

PUBLIC SWIMMING

A swimming session open to everyone. Admission policy does apply.

MASTERS SWIMMING

If you can swim four lengths front crawl then you are ready to take part, min age 14+.



The Health Suite will remain closed until further notice.

leisure pool aquatic programme

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0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
1230	1230	1230	1230	1230	1230	1230
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1500	1500	1500	1500	1500	1500	1500
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1600	1600	1600	1600	1600	1600	1600
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1700	1700	1700	1700	1700	1700	1700
1730	1730	1730	1730	1730	1730	1730
1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

PRE-SCHOOL

The Pre-School session focuses on early swim practices whilst still keeping a fun element and enhancing safety awareness of participants. Ages 3-5 years. Booking required. These classes have an area roped off for safety reasons, this will limit access to some features during public swimming.

POOL ADMISSIONS

Pre-booking is no longer available and sessions are now by admission only (Group X classes can still be booked in advance). Customers should check-in at reception where they will be issued with a swim band that must be worn whilst using the wetside facilities (inc. all family members except 3yrs and under).



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